

Skin Vitality & Radiance Supplements

Feed skin from within with collagen builders, hydrators, and antioxidants that support elasticity, moisture, and an even, healthy glow.

Collagen

Hydration

Antioxidant

Glow

Elasticity

~28 days

skin cell renewal cycle - why results build over weeks

8-12 wk

typical trial length showing elasticity & hydration gains

2.5-10g

daily collagen peptide dose used in skin studies

75-90mg

vitamin C RDA - a required cofactor for collagen

What this category covers

Skin vitality supplements support the skin's structure and moisture from the inside. Collagen peptides and vitamin C give the body materials and cofactors to renew the collagen that keeps skin firm; hyaluronic acid and ceramides support hydration and the skin barrier; and antioxidants like astaxanthin and vitamins C and E help defend against the oxidative and UV stress that breaks collagen down. Because skin renews over about a month, results show with consistent daily use rather than overnight.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Collagen peptides	2.5 - 10 g	Building blocks for skin elasticity & firmness	Strong
Vitamin C	75 - 1,000 mg	Required cofactor for collagen synthesis	Strong
Hyaluronic acid	120 - 240 mg	Supports skin hydration & suppleness	Moderate
Astaxanthin	4 - 12 mg	Antioxidant; helps defend against UV stress	Moderate
Ceramides	30 - 350 mg	Support the skin moisture barrier	Moderate
Zinc	8 - 15 mg	Skin repair & clarity	Moderate
Vitamin E	15 mg	Antioxidant; protects skin lipids	Limited
Biotin	30 - 100 mcg	Skin & keratin support (if low)	Limited

How it helps

Radiance formulas work on structure, moisture, and protection at the same time.



Firmness & elasticity

Collagen peptides plus vitamin C give skin the raw materials and cofactor it needs to renew its supportive collagen network.



Deep hydration

Hyaluronic acid and ceramides help skin hold water and keep the moisture barrier intact for a plumper look.



Antioxidant defense

Astaxanthin and vitamins C and E help neutralize UV and oxidative stress that would otherwise degrade collagen.



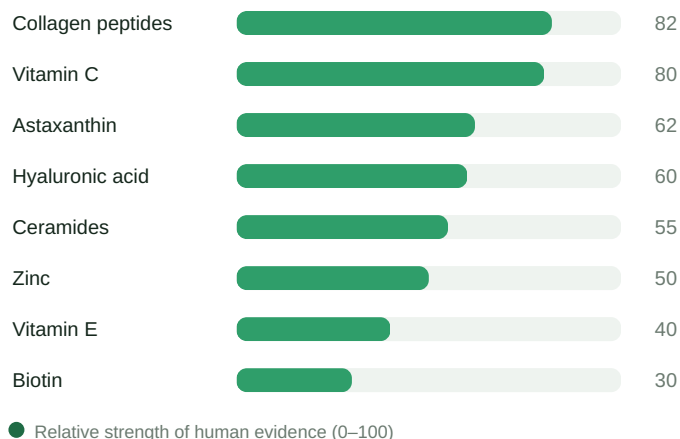
Even, clear tone

Vitamin C and zinc support repair and a brighter, more even complexion over time.

The data at a glance

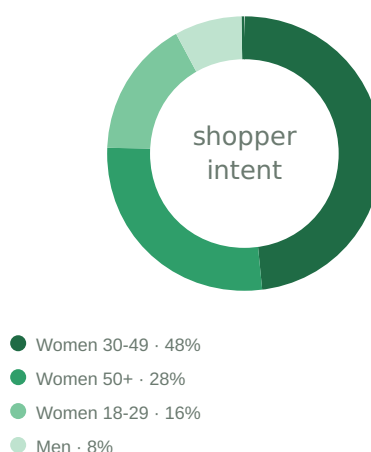
Weight of human evidence by ingredient

Higher = stronger, more consistent clinical support for the skin role.



Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Aging or maturing skin, dryness and dullness, and anyone wanting to support elasticity and a healthy glow alongside skincare.

When to take

Collagen can be taken any time daily; be consistent for 8-12 weeks. Take fat-soluble antioxidants (astaxanthin, vitamin E) with a meal.

What to pair

Collagen with vitamin C to support synthesis; astaxanthin with dietary fat for absorption; hydration and sun protection on the outside.

Safety & interactions

- Collagen is generally well tolerated; choose marine or bovine sources that are third-party tested for purity.
- High-dose biotin can skew some lab tests (thyroid, troponin) - mention it before bloodwork.
- Supplements support but do not replace sun protection - a daily SPF still matters most for skin aging.
- Astaxanthin may slightly lower blood pressure; note it if you take BP medication.
- Persistent skin conditions (acne, eczema, rashes) deserve a dermatologist, not just supplements.

Frequently asked

Do collagen supplements actually improve skin?

Controlled trials show measurable gains in skin elasticity and hydration after roughly 8-12 weeks of daily hydrolyzed collagen, because it supplies peptides and amino acids the body uses to rebuild.

Which type of collagen is best for skin?

Hydrolyzed collagen peptides (types I and III) are the most studied for skin. They're broken down for absorption, unlike large intact collagen.

Is there a vegan option?

There's no true vegan collagen, but 'collagen builder' formulas use vitamin C, amino acids, and silica to support your own collagen production.

How long until I see results?

Most people notice changes in hydration and elasticity over 4-12 weeks, in line with the skin's renewal cycle. Consistency matters more than dose.

Featured products

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